



The valley between the Snake and Payette rivers has been producing delicious Idaho **apples** since the 1890's. Idaho **apple** farmers helped pioneer the **apple** industry in the Northwestern United States. Idaho's unique blend of good terrain, climate, soil, and water guarantee the highest quality **apples** possible.

Idaho **apple** farmers grow at least 9 different varieties of **apples**, including Braeburn, Fuji, Granny Smith, Gala, Jonagold, Jonathan, Golden Delicious, Red Delicious, and Rome **apples**. Each Idaho **apple** is carefully cultivated and harvested so that when it gets to you, it is fresh, crisp, and juicy, just the way an **apple** should be.

Idaho is ranked among the top 10 in the nation for **apple** production, with an average crop value of over \$10 million! Idaho's **apples** are not only enjoyed here in our state, but are shipped all over the world to be enjoyed by people living in places like Mexico, China, Guatemala, and many other countries.

Like all fruits and vegetables, **apples** are an important part of a healthy diet. **Apples** have no fat, cholesterol or sodium, and contain a multitude of important nutrients, such as potassium, dietary fiber and naturally occurring anti-oxidants.



It's just not fall without the sweet crisp taste of **apples** fresh from the orchards of Idaho. Look for **apples** with the Idaho Preferred® logo at local retailers, farmers markets and maybe even your school cafeteria!





## Idaho's Healthy Harvest Celebration

### Idaho Apple Pie

1/4 cup sugar  
1 Tablespoon tapioca  
1 teaspoon cinnamon  
1/2 tsp. nutmeg  
4 cups sliced/pared Idaho red apples  
4 cups sliced/pared Idaho gold apples  
2 Tablespoons lemon juice  
Pastry for 2-crust 9" pie

In large mixing bowl, stir together sugar, tapioca, cinnamon, and nutmeg until blended. Add apples and lemon juice. Toss together until well coated. Line 9" pie dish with pastry enough to cover bottom and overhang edges of dish. Turn apple mixture into pastry, mounding apples high in center. Cover with top crust. Seal and flute edges, cutting vents or decorations in top crust. Bake in 400F oven for 40-50 minutes until top is golden brown and apples are tender. Serve warm with whipped cream sprinkled with cinnamon and vanilla ice cream.

Makes 8 Servings



To learn more, go to:  
[www.idahopreferred.com](http://www.idahopreferred.com) or call the Marketing Division of the Idaho State Department of Agriculture 208-332-8684, or the Idaho Apple Commission at 208-722-5111.

# Food of the Day

## Idaho Apples - Absolutely Amazing!

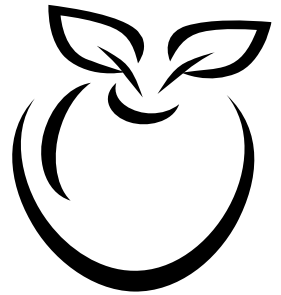
The valley between the Snake and Payette rivers has been producing delicious Idaho apples since the 1890's. Idaho apple farmers helped pioneer the apple industry in the Northwestern United States. No other state, though, can match the flavor and texture of Idaho's apples. Idaho's unique blend of good terrain, climate, soil, and water guarantee the highest quality apples possible.

Idaho apple farmers grow around 9 different varieties of apples, including Braeburn, Fuji, Granny Smith, Gala, Jonagold, Jonathan, Golden Delicious, Red Delicious, and Rome apples. Each apple variety has its own unique flavor, but they all share some things in common: each Idaho apple is carefully cultivated so that when it gets to you, it is fresh, crisp, and juicy, just the way an apple should be.

Idaho is ranked among the top 10 apple producers in the nation, with an average annual crop value of over \$10 million! Idaho's apples are not only enjoyed by us here in the state, but are shipped all over the world to be enjoyed by people living in places like Mexico, China, Guatemala, and many other countries. The high quality of Idaho's abundant apple crop is in demand around the globe.

Like all fruits and vegetables, apples should be an important part of healthy eating and living. The old phrase "an apple a day keeps the doctor away" is true! Apples have no fat, cholesterol or sodium, and contain a multitude of important nutrients, such as potassium, to keep your body and mind healthy. Apples also contain a large number of natural chemicals that benefit the body in many ways. These include pectin, which reduces blood pressure, decreases the chances of colon cancer, and acts against bad cholesterol in the blood stream, and flavonoids, which have antiviral, anti-inflammatory, anti-allergic, and anti-tumor properties.

Apples can be integrated into any dish, and are, of course, delicious when eaten alone. Try a classic Idaho Apple Pie, made with red Roma and Golden Delicious apples.



### Choosing and Storing Apples

Be sure to include delicious Idaho apples in all your grocery shopping trips. Idaho apples are available starting in early September, with the juicy and sweet Gala apple being the first variety harvested. Idaho apples continue to be in stores until November and early December. Make it a challenge to try all nine of Idaho's wonderful apple varieties this fall!

When buying apples, look for fruits that are firm and hard, without cuts or soft spots. Handle apples gently so that they do not bruise.

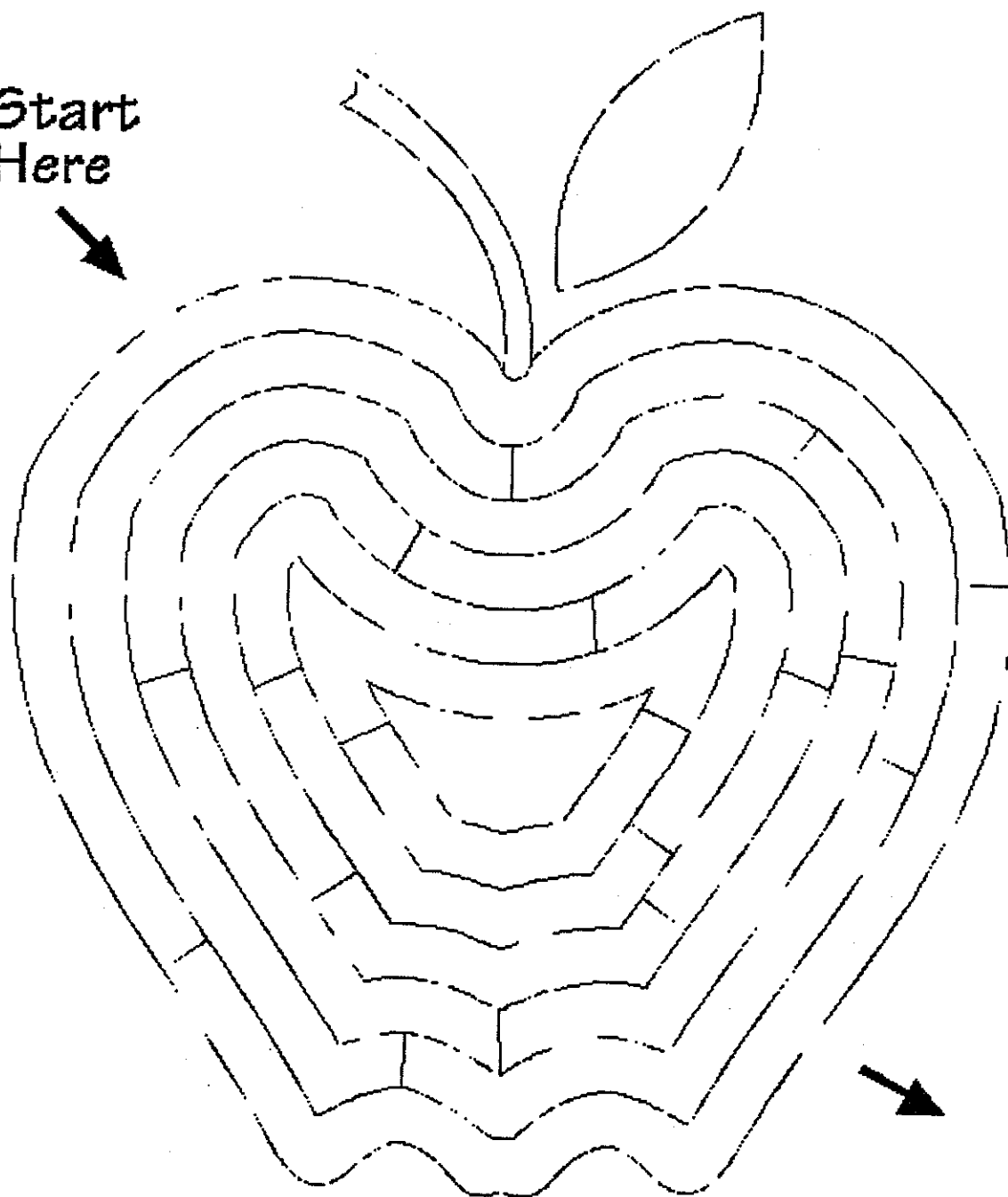
Apples can be stored in the refrigerator for several weeks to maintain their crunch. Stored at room temperature will cause apples to become softer and mealy more quickly.



From Idaho's Fields to  
Idaho's Schools

# Amazing Mazes

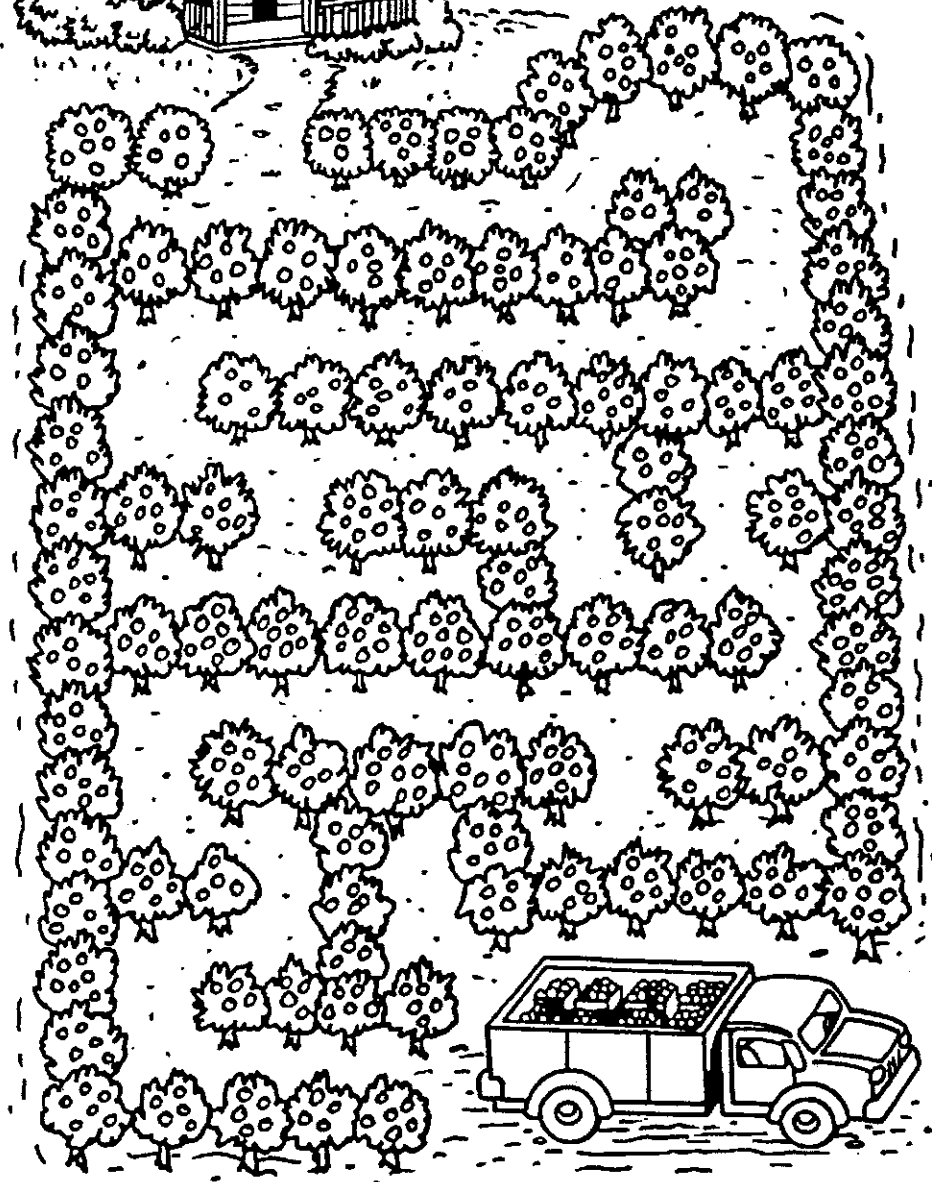
Start  
Here



# Lost in the Orchard



This truckload of apples got out of the orchard without any detours. Can you do the same?



RESOURCE GUIDE

SECTION: **PLANT AGRICULTURE**  
**FRUITS**

REMARKS

LESSON No 8: **No Doors, No Windows, A Star Inside**

OBJECTIVE:

Students will:

- 1) Observe the pattern of seeds inside an apple.

MATERIALS NEEDED:

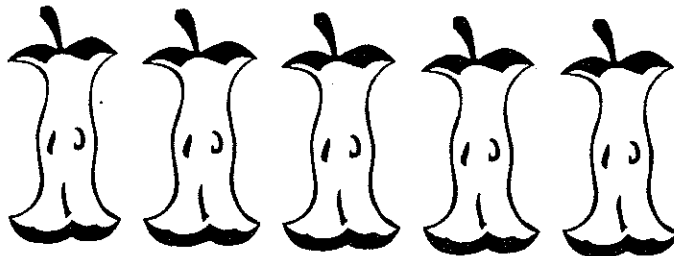
- 1) *No Doors...story*
- 2) Apple
- 3) Knives
- 4) Tempera paint – red, yellow, black, green
- 5) Cotton Swabs

PROCEDURE:

- 1) Read *No Doors... story*.
- 2) Cut the apples crosswise and lengthwise.
- 3) Make apple prints using red, yellow, and green paint.
- 4) When prints are dry, add seeds using cotton swabs and black paint.

REFERENCES:

IDAHO AITC Resource Guide, 1998



## "No Doors, No Windows, A Star Inside"

Once upon a time, in a far away town, just about the size of your town, there lived a little boy very much like one of you.

One day, when he had played all the games he could think of, and had watched all the television he cared to, he went to his mother, who was very wise, and knew all about what little boys like to do, and he said,

"Mother, what can I do?"

His mother thought for a minute or two, then said, "I know of a little red house with no doors, no windows and a star inside. Do you think you can go on an adventure to find it and still be back in time for supper?"

"Oh, yes!" exclaimed the little boy happily, and off he went.



First, he went to his grandmother's house at the top of the hill. He found her making gingerbread cookies in her big, warm kitchen. As he was finishing his second cookie, he asked her about the little red house with no doors, no windows and a star inside. She shook her head and said, "No, I don't believe I know of a house like that. Why don't you ask the wind? The wind goes everywhere. I'm sure he can help."

So the little boy went outside to ask the wind about the little red house with no doors, no windows and a star inside.

And the wind said, "Oooooo-ooooooo!"

It sounded to the little boy as if he was saying "Come with me!" So the little boy ran after the wind.

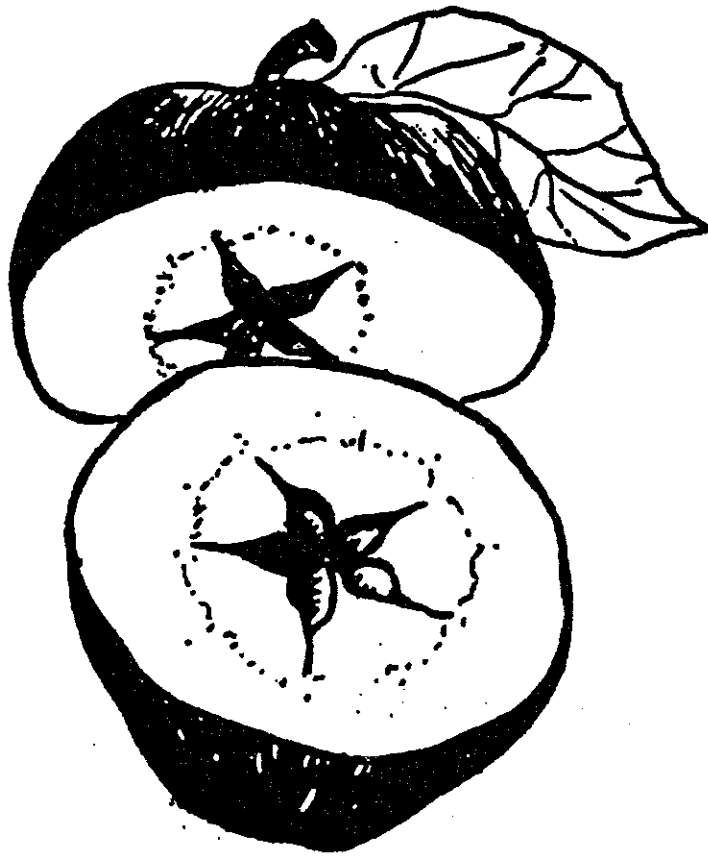
He ran through the grass, over the hill and into the orchard. And there, on the ground, under an apple tree, was a little red house! A little red house with no doors, no windows.

But where was the star? He picked it up, and it filled his hands. He ran home to mother.

"Look, Mother! I found the little red house with no door, no windows. But where is the star inside?"

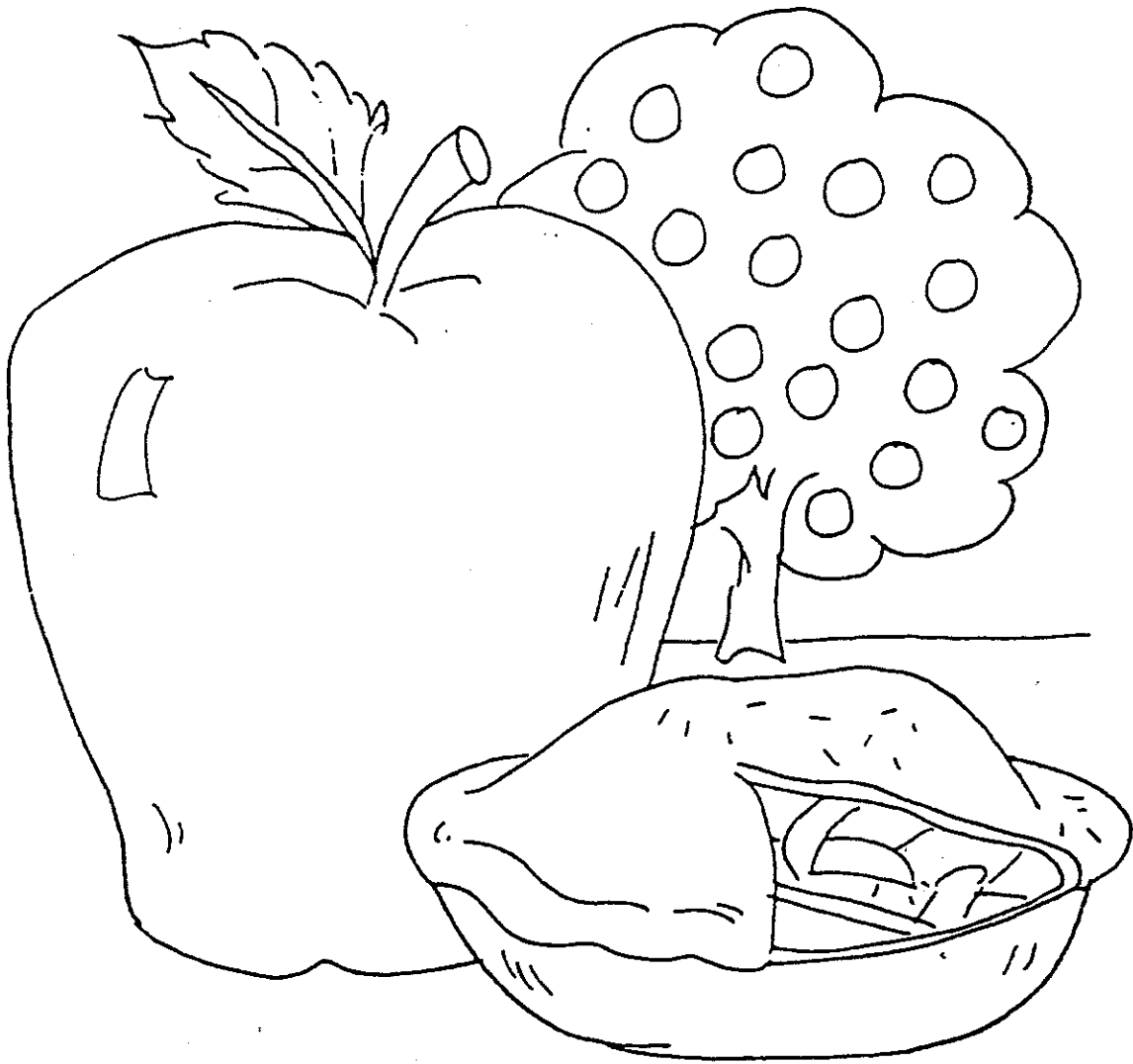
Mother cut the apple in half. Now the little boy could see the star inside.

Can you see it?



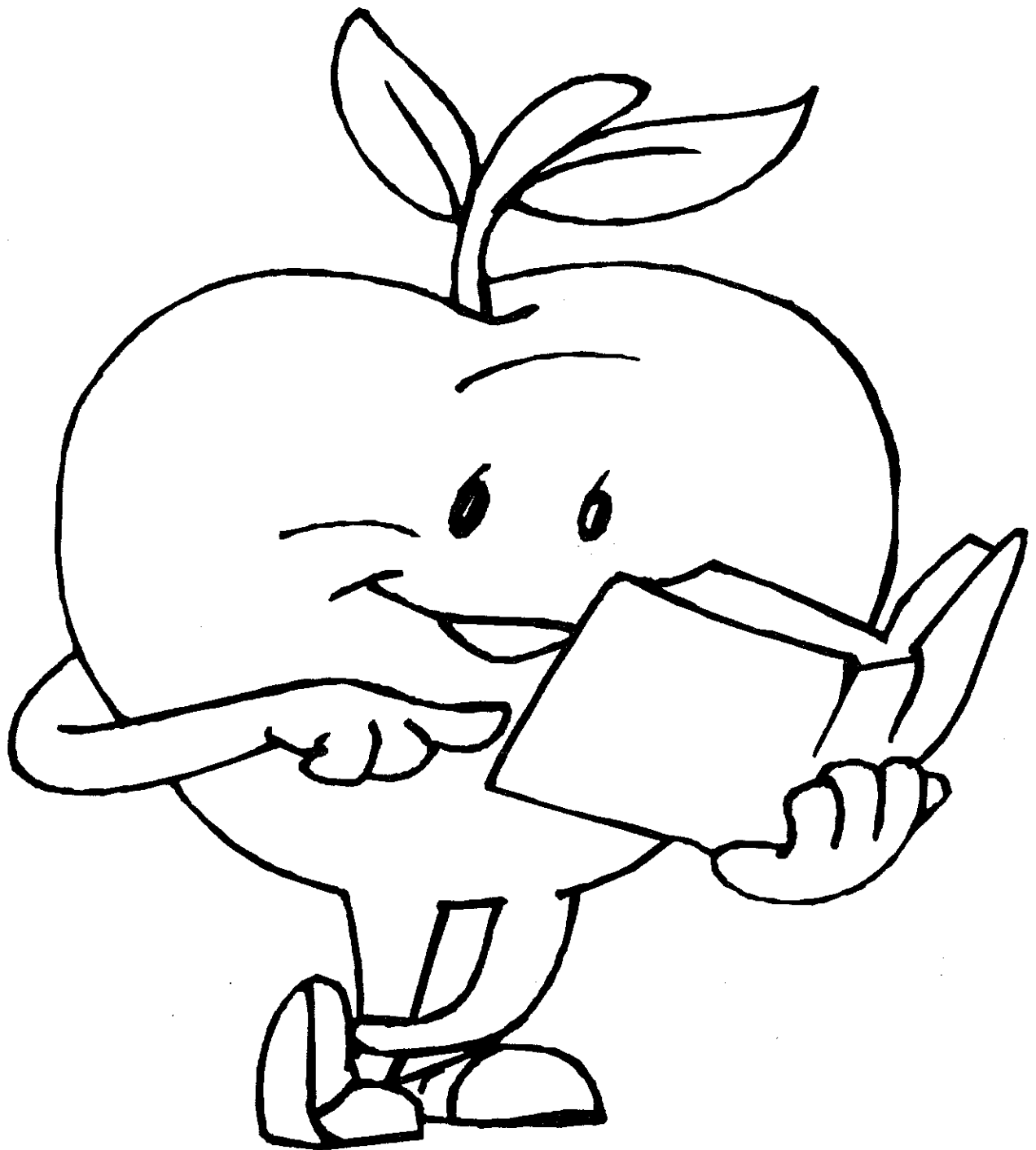
Adapted with permission from "New York is Growing," New York "Ag in the Classroom."

When fully grown, one apple tree  
will produce enough apples  
to make 225 apple pies each year.



It takes a medium-size apple tree 6 to 10 years to begin fruiting,  
but when fully grown, it will average 10 to 15 bushels  
of apples per year.

Reprinted with permission from "Idaho Women for Agriculture."





# Apples

G A L A T O F W B S I C X P C  
 C O L M H B U P P D E R X O S  
 A S L B I T J U S S G I U C V  
 R E D D E L I C I O U S P T G  
 A E K R E D L M L E E P N G V  
 M D J M A N X Y S T Q J M P V  
 E S O O H H D O E Y M H I C F  
 L R B E N D C E Y E N C X I P  
 S D B Y V A J R L C K N I D W  
 S O K N W P T P O I A L A E O  
 O X Q I B P O H N O C A S R R  
 Q T F K F Q P G A X Q I J Q G  
 O A B J W A S H I N G T O N U  
 H T L U K R L F L H U Z X U U  
 T C G T M D F L K A P P L E S

APPLES	CARAMEL	CIDER	CRISP	FALL
FUJI	GALA	GOLDEN DELICIOUS	GRANNY SMITH	GROW
JONATHAN	MILL	ORCHARDS	PEEL	PICKING
PIE	RED DELICIOUS	ROME	SEEDS	WASHINGTON

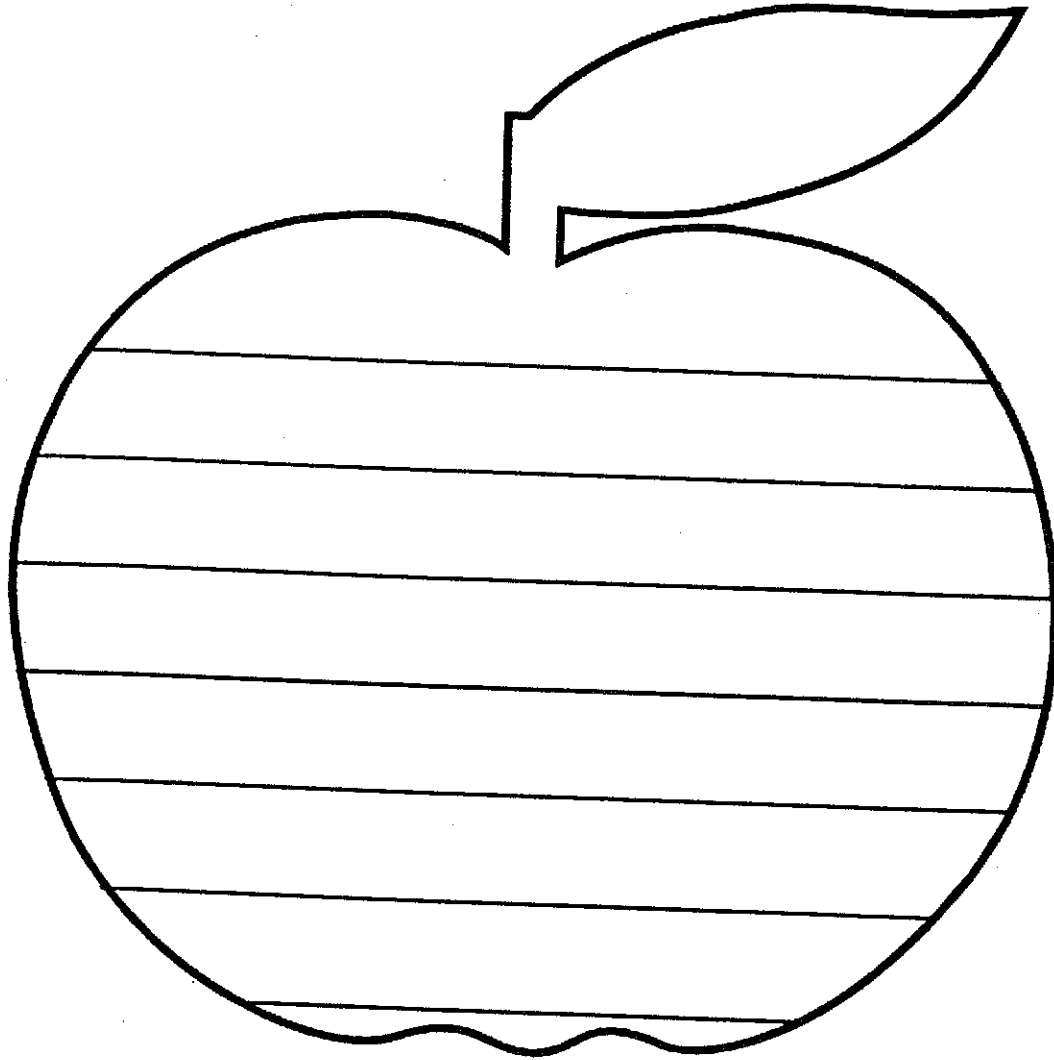
# Apple Poem

Brainstorm words about apples and write them in the box below:

Apple Words:

--

Write a poem using the words above in the apple below and color.

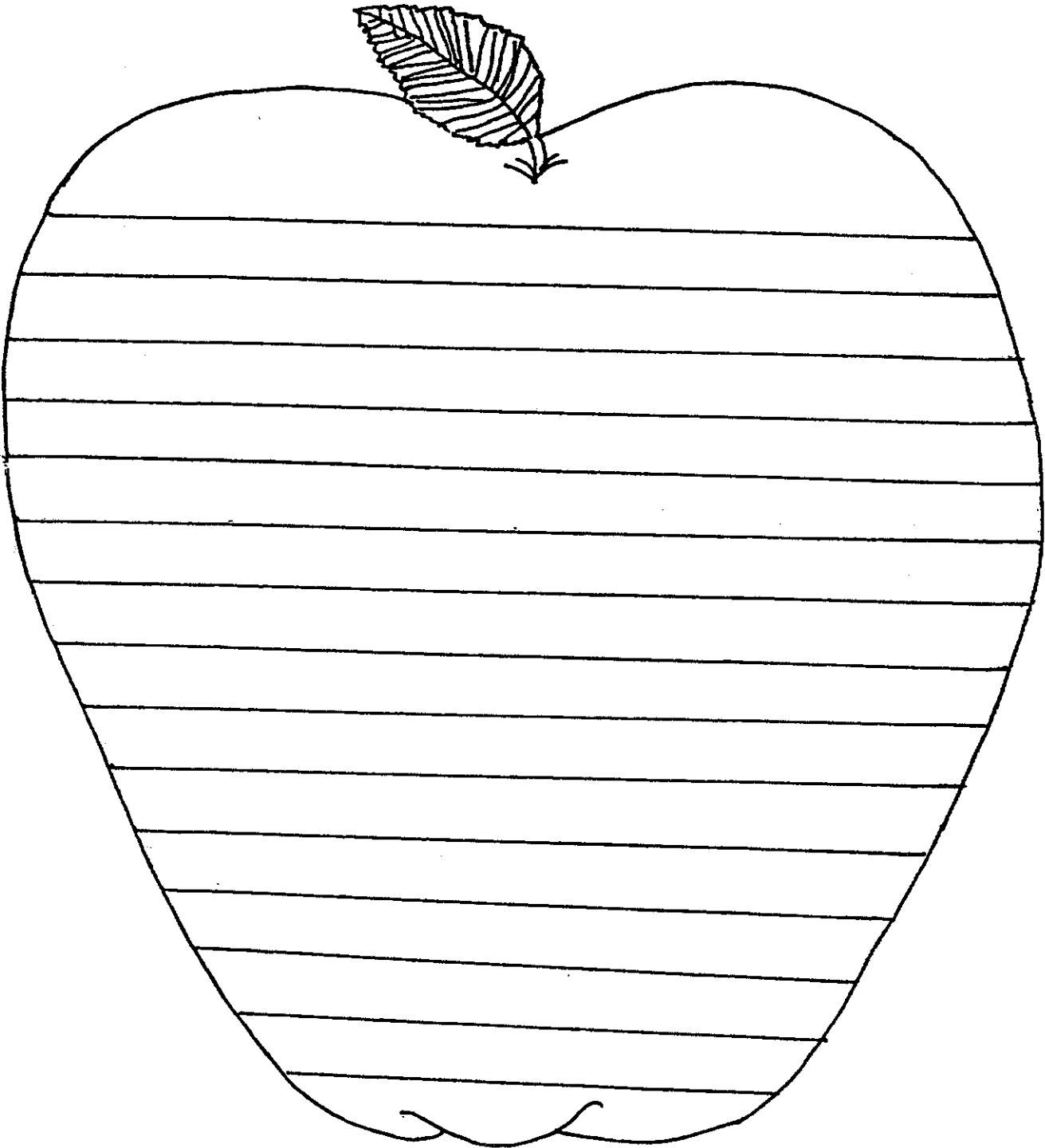


ACTIVITY

**Describe Your Apple**

NAME \_\_\_\_\_

*Eat an apple and describe how it tastes, using descriptive adjectives.*



# Apple Facts

- Apples come in all shades of reds, greens, yellows.
- Two pounds of apples make one 9-inch pie.
- 2500 varieties of apples are grown in the United States.
- 7500 varieties of apples are grown throughout the world.
- 100 varieties of apples are grown commercially in the United States.
- Apples are grown commercially in 36 states.
- Apples are grown in all 50 states.
- In 2001 United States consumers ate an average of 45.2 pounds of fresh apples and processed apple products. That's a lot of applesauce!
- 61 percent of United States apples are eaten as fresh fruit.
- 39 percent of apples are processed into apple products; 21 percent of this is for juice and cider.
- The top apple producing states are Washington, New York, Michigan, California, Pennsylvania and Virginia, which produced over 83 percent of the nation's 2001-crop apple supply.
- Apples are fat, sodium, and cholesterol free.
- A medium apple is about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber.
- In 2001 there were 8,000 apple growers with orchards covering 430,200 acres.
- The pilgrims planted the first United States apple trees in the Massachusetts Bay Colony.
- The science of apple growing is called pomology.
- Apple trees take four to five years to produce their first fruit.
- Most apples are still picked by hand in the fall.
- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- Apples are propagated by two methods: grafting or budding.
- The apple variety 'Delicious' is the most widely grown in the United States.
- In Europe, France, Italy and Germany are the leading apple producing countries.
- The apple tree originated in an area between the Caspian and the Black Sea.
- Apples were the favorite fruit of ancient Greeks and Romans.
- Apples are a member of the rose family.
- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
- Americans eat 19.6 pounds or about 65 fresh apples every year.
- 25 percent of an apple's volume is air. That is why they float.
- The largest apple picked weighed three pounds.
- Europeans eat about 46 pounds of apples annually.
- The average size of a United States orchard is 50 acres.
- Many growers use dwarf apple trees.
- Charred apples have been found in prehistoric dwellings in Switzerland.
- Most apple blossoms are pink when they open but gradually fade to white.
- Some apple trees will grow over forty feet high and live over a hundred years.

- Most apples can be grown farther north than most other fruits because they blossom late in spring, minimizing frost damage.
- It takes the energy from 50 leaves to produce one apple.
- Apples are the second most valuable fruit grown in the United States. Oranges are first.
- In colonial time apples were called winter banana or melt-in-the-mouth.
- United States Department of Agriculture (USDA) forecasts the 2000 apple crop to be at 254.2 million 42 pound cartons.
- Total apple production in 2001 was 229 million cartons valued at \$1.5 billion.
- The largest U. S. apple crop was 277.3 million cartons in 1998.
- In 1999 the People's Republic of China led the world in apple production followed by the United States.
- Apples have 5 seeds. There are five seed pockets, each with a seed, in an apple.
- China is the leading producer of apples with over 1.2 billion bushels grown in 2001.
- World's top apple producers are China, United States, Turkey, Poland and Italy.
- The Lady or Api apple is one of the oldest varieties in existence.
- Newton Pippin apples were the first apples exported from America in 1768, some were sent to Benjamin Franklin in London.
- In 1730 the first apple nursery was opened in Flushing, New York.
- One of George Washington's hobbies was pruning his apple trees.
- America's longest-lived apple tree was reportedly planted in 1647 by Peter Stuyvesant in his Manhattan orchard and was still bearing fruit when a derailed train struck it in 1866.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- A peck of apples weight 10.5 pounds.
- A bushel of apples weights about 42 pounds and will yield 20-24 quarts of applesauce.
- Archeologists have found evidence that humans have been enjoying apples since lat least 6500 B.C.
- The world's larges apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long. (She was 16 years old at the time and grew up to be a sales manager for an apple tree nursery.)
- It takes about 36 apples to create one gallon of apple cider.

# How to... make AppleStamps!



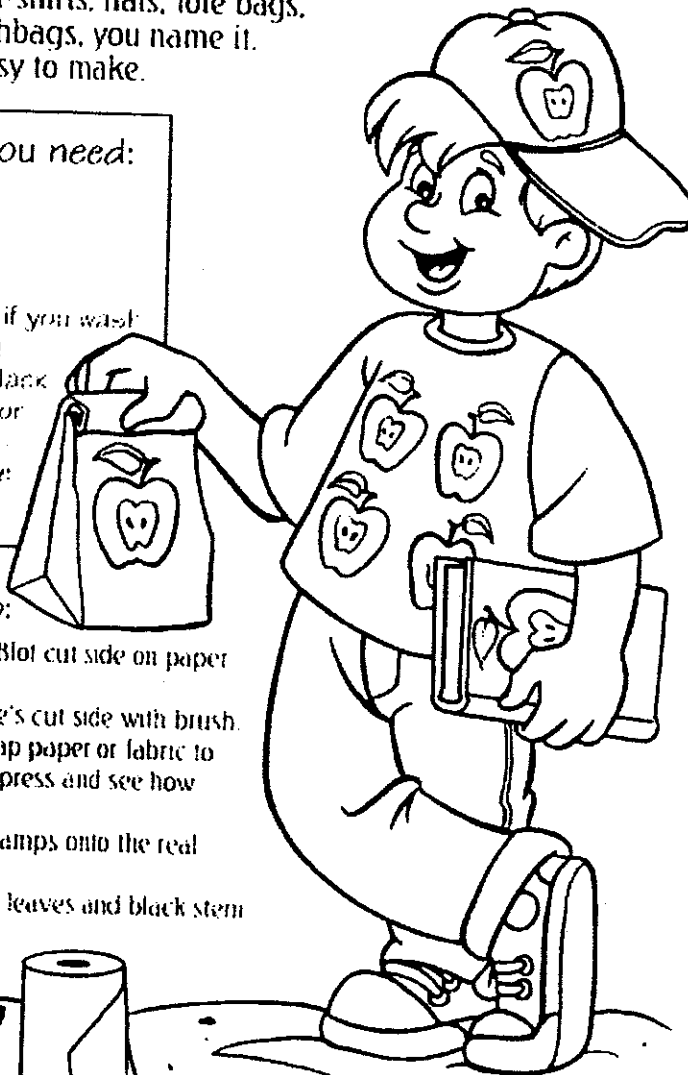
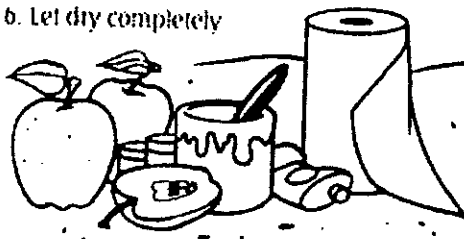
They're great on T-shirts, hats, tote bags,  
book covers, lunchbags, you name it.  
And they're so easy to make.

## Here's what you need:

- Apples
- Sharp knife  
(be careful!)
- 3 small paint  
brushes (or one, if you wash  
after each color)
- Red, green and black  
paint (for fabric or  
paper, depending  
on material you're  
going to stamp)

## Here's what you do:

1. Slice the apple in half. Blot cut side on paper  
towel to absorb juice.
2. Apply red paint to apple's cut side with brush.
3. Test AppleStamp on scrap paper or fabric to  
determine how hard to press and see how  
much paint to use.
4. Now press your AppleStamps onto the real  
surface.
5. To finish, paint on green leaves and black stem  
and seeds.
6. Let dry completely



RESOURCE GUIDE

SECTION: **PLANT AGRICULTURE**  
**FRUITS**

REMARKS

LESSON No. 10: **Apple Lips**

OBJECTIVE:

Students will be able to:

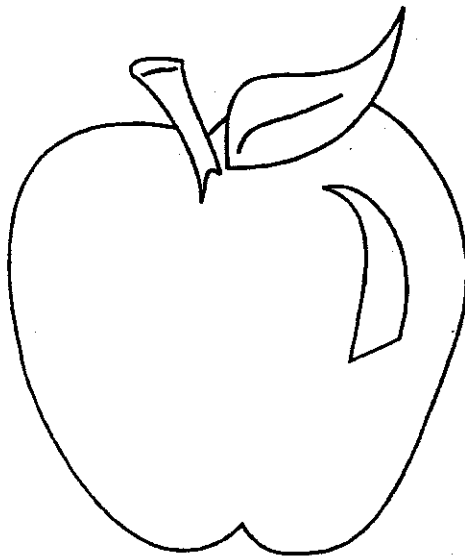
- 1) Enjoy apples!

MATERIALS NEEDED:

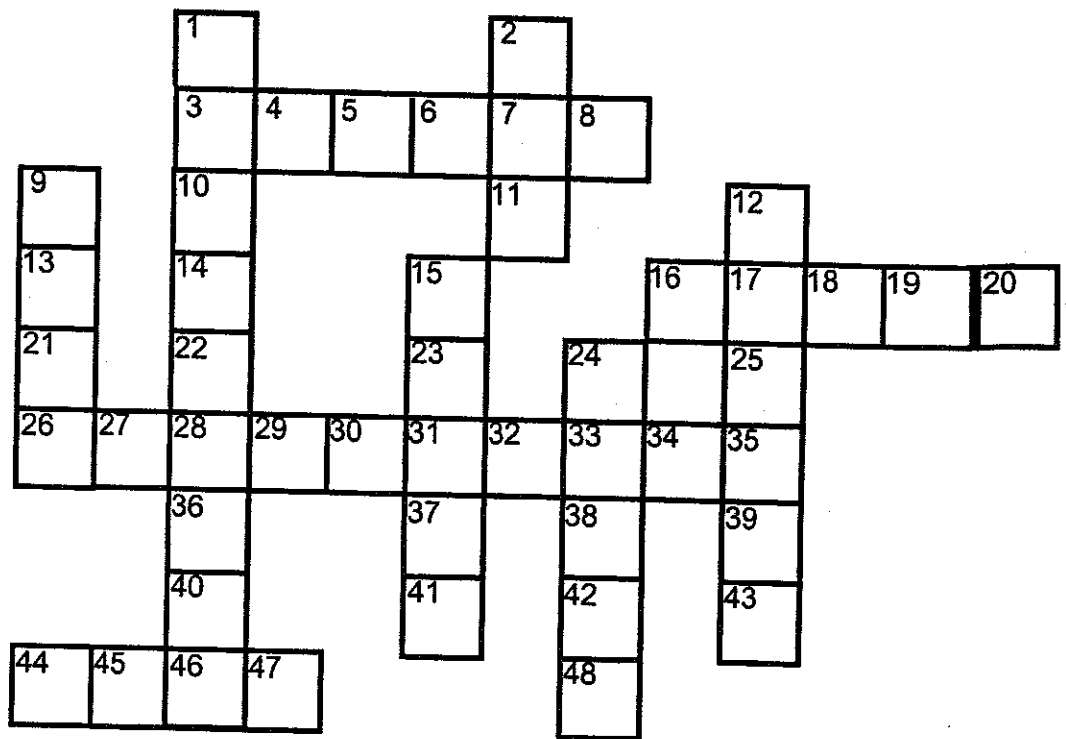
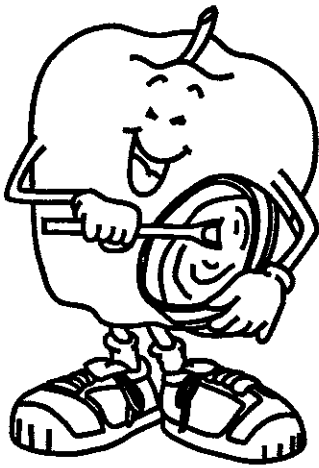
- 1) Red apples
- 2) Apple sectioner
- 3) Knife
- 4) Peanut butter
- 5) Miniature marshmallows
- 6) Plates
- 7) Napkins

PROCEDURE:

- 1) Section the apples.
- 2) Spread peanut butter on one side of two different apple sections.
- 3) Place 4 miniature marshmallows on the peanut butter covered side of the apple.
- 4) Place the other peanut butter covered side of the apple on top of marshmallows.
- 5) You will have 2 red lips with white teeth!



# Apples Crossword Fun



## Across

3. \_\_\_\_\_ are available year-round.
16. More than 7,000 varieties of apples grow in the \_\_\_\_\_.
26. In the United States, \_\_\_\_\_ state grows the most apples.
44. Apples help your \_\_\_\_\_ with digestion because they are high in fiber.

## Down

1. In the fall apples are \_\_\_\_\_ by hand.
2. The most popular type of apple in the U.S.A. is \_\_\_\_\_ delicious.
9. Apple trees can \_\_\_\_\_ more than 40 feet tall.
12. One apple \_\_\_\_\_ as one serving of your 5 A Day.
15. Pack apples for a snack or with \_\_\_\_\_.
24. \_\_\_\_\_ apples at home in the refrigerator.

# 5 A DAY AND APPLES

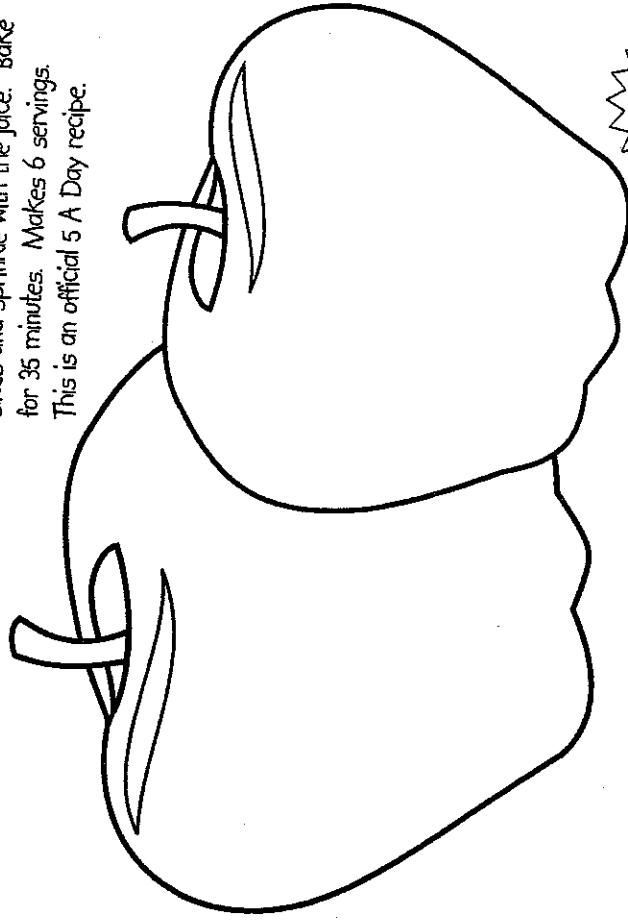
## KIDS ACTIVITY SHEET

Try this fun & easy recipe

### APPLE CRUMB

- 6 medium apples, peeled & cored
- 1 1/2 cups dry rolled oats
- 2/3 cup brown sugar, unpacked
- 1/2 cup all-purpose flour
- 4 tbsps. unsalted butter
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 tbsps. orange juice

With the help of an adult, preheat oven to 375°. Lightly butter an 8" baking pan. Slice apples and place in pan. In a bowl blend oats, brown sugar, flour, butter, cinnamon, and nutmeg until it forms a coarse meal. Crumble the mixture evenly over apple slices and sprinkle with the juice. Bake for 35 minutes. Makes 6 servings. This is an official 5 A Day recipe.



Produce for Better Health<sup>®</sup>  
Foundation

302 235 ADAY



# WHAT IS A SERVING?

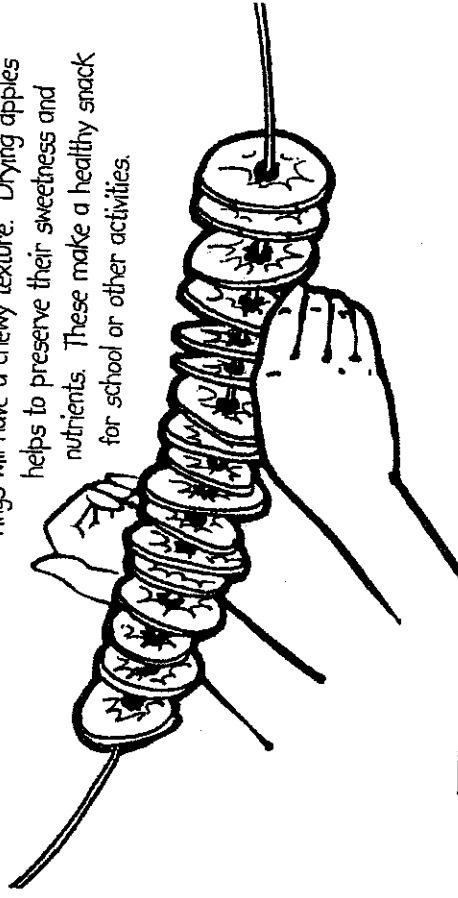
**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**  
1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit  
1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables  
1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## APPLE RINGS

You will need:

- 4 apples
- 1 tsp. lemon juice
- 3 tbsps. water
- sturdy thread or twine

With the help of an adult, core and slice apples into rings about 1/8" thick. Mix the lemon juice and water in a shallow dish. To prevent discoloring, dip each ring into the lemon-water mixture. String fruit through center of each ring and hang in a dry, warm place. The rings will take about two weeks to dry. When dry, the rings will have a chewy texture. Drying apples helps to preserve their sweetness and nutrients. These make a healthy snack for school or other activities.



Eat 5 or more servings of fruits and vegetables  
a day for better health

**FOR MORE FUN FOR KIDS,  
GO TO WWW.5ADAY.COM**